

Your child visited the Life Education Center!

Students were asked to demonstrate their understanding of Wise Highs by creating their own plan to escape peer pressure through the use of discussions, experiments, and other teaching tools.

They used strategies to refuse peer pressure including:

- 1) Ask Questions
- 2) Identify Consequences
- 3) Suggest an Alternative
- 4) Get Away
- 5) Talk to an Adult

Putting their plans into action was the highlight of this lesson where the students created movies using refusal skills to evade peer pressure.

Students were encouraged to teach the community about Wise Highs.

Students also discussed prescription medicines and role played a scenario. They also were encouraged to participate in a billboard contest to help promote anti-substance abuse messages that are used for publication on billboards throughout Kankakee and Iroquois counties.

Remind your child that as a family you choose:

**“Wise Highs...
Choices You Can
Live With!”**

Parents/Guardians of Fifth Graders

To reinforce this lesson at home:

Have some fun as a family by creating and acting out your own role plays that include peer pressure scenarios.

For example, pretend to offer your child a cigarette or a drink of beer. Pretend to try to convince them to steal something or to cut class. Take turns practicing refusal skills.

To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make certain they are in a secure location.

The Life Education Center encourages every household in Kankakee and Iroquois counties to:

1. Take medications exactly as prescribed
2. Store prescription drugs in locked and secure locations
3. Properly dispose of unused medications
4. Promote safe medication practices and teach others to do the same

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Brenda Wetzel, Director of Life Education Center Programs

I-KAN Regional Office of Education
1 Stuart Dr.

Kankakee, IL 60901
815-936-4606
bwetzel@i-kan.org

www.pledgeforlife.org | www.i-kan.org

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